

Your Holy Friend of the Month

St. Martín de Porres



St. Martin de Porres was born in Peru in 1579, the illegitimate son to a Spanish nobleman and a freed slave. After his father abandoned him, he grew up in poverty, ultimately living with a barber/surgeon who taught him the medical arts.

Martin experienced ridicule for being of mixed-race. And, by law, he was restricted from becoming a full member of any religious order. But Martin found his way into the Dominican community by volunteering to perform menial tasks in the monastery. After several years, an exception to the restriction was made and Martin took his vows as a member of the Third Order of Saint Dominic.

Martin was assigned to the infirmary where he possessed the virtues needed to patiently care for the sick, and was praised for his unconditional care of all, regardless of race or wealth. His life reflected his great love for God and all of God's gifts. He also founded an orphanage for abandoned children and slaves.

During an epidemic, many friars became ill and were locked away from others. Martin passed through the locked doors to care for them. When he was disciplined for not following the rules, he replied, "Forgive my error, and please instruct me, for I did not know that the precept of obedience took precedence over that of charity."

Martin died on November 3, 1639 and, when he was exhumed 25 years later, his body exhaled a splendid fragrance and he was still intact.

St. Martin de Porres was canonized by Pope John XXIII in 1962. He is the patron saint of mixed race people, innkeepers, barbers, public health workers and more. His feast day is November 3.

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- Contact information for college/university where you will study •

November 2023 Newsletter

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Mature Discipleship

David M.
Thrive For Life Volunteer

Can you imagine how amazed and overwhelmed Peter, James & John must have been after they came down from the mountain with Jesus. Having been with him for three years, they already knew that he was their Lord and their leader. They had already cast their lot with him; they were disciples. But, this was a monumental moment! Whatever questions, if any, that they had about the divinity of Jesus were answered on the mountain. And, without doubt, this experience only strengthened their love for Jesus and served them well when they evangelized for the remainder of their lives, after Pentecost.

So, were they "Mature Disciples" at this point?

Mature Discipleship comes about after a long period (decades) of giving one's life away to the widest community. These disciples know God, in a personal way, they have a good understanding of who they are, i.e. they are comfortable in their own skin, and they know their mission in life, a God-given call to impact the world. Mature disciples want to be with God, they listen to God's voice, they obey God and believe in the power of the Spirit, they love others and they persevere. They are human, so they err, just like we do, but they are driven to give to others the gifts that they have received from God.

I think that Peter, James & John exhibited the above characteristics of "Mature Disciples". And, after the passion, death and resurrection of Jesus, their commitment to give their lives away to evangelization to the widest community became their singular purpose in life. On a less dramatic level, we have the opportunity to give ourselves to others also.

Questions for Reflection

- 1 How do I imagine it when Jesus takes me up a high mountain? How does it feel to be on the road together?
- 2 Are there places in my life that are sacred to me?
- 3 Are there experiences in my life where I was able to experience the shining light of God's presence? Do these moments carry me in everyday life?

The Transfiguration

(Mt 17: 1-9)

After six days Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with him. Then Peter said to Jesus in reply, "Lord, it is good that we are here. If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah." While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, "This is my beloved Son, with whom I am well pleased; listen to him." When the disciples heard this, they fell prostrate and were very much afraid. But Jesus came and touched them, saying, "Rise, and do not be afraid." And when the disciples raised their eyes, they saw no one else but Jesus alone. As they were coming down from the mountain, Jesus charged them, "Do not tell the vision to anyone until the Son of Man has been raised from the dead."

Daily Ignatian Examen

We invite you to prayerfully reflect:

Presence

Become aware that God’s presence is active at each moment of your life, looking at you with love, desirous of speaking directly to your heart. How do you feel at this moment?

Ask

Ask God for the grace to see the ways God is working in your life.

Gratitude

Be grateful. Thank God for the gifts, both big and small of the day. What are you most grateful for today?

Review

Trust that God is with you at each moment of day, during the good and challenging moments. God never abandons you. What were the good moments of today? What were the greatest challenges of today?

Respond

You are not stuck. Tomorrow is a new day. Ask God to give you the grace to be the loving and generous person you were created to be. What can you do tomorrow to be more generous and loving?

Conclude with the Sign of the Cross.

The Lord’s Prayer

Our Father, Who art in heaven, Hallowed be Thy Name.
Thy Kingdom come. Thy Will be done, on earth as it is in Heaven.
Give us this day our daily bread. And forgive us our trespasses,
as we forgive those who trespass against us. And lead us not into temptation,
but deliver us from evil. Amen.

Correcting an Abuse of the Lord’s Supper (1 Cor 11:23-32)

For I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, “This is my body that is for you. Do this in remembrance of me.” In the same way also the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes. Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself. That is why many among you are ill and infirm, and a considerable number are dying. If we discerned ourselves, we would not be under judgment; but since we are judged by [the] Lord, we are being disciplined so that we may not be condemned along with the world.

Questions for Reflection

- 1 Do I believe that Jesus is mysteriously present in the bread and wine?
- 2 Is my heart ready to receive the Eucharist?
- 3 Is there guilt and heavy things I want to give up and ask forgiveness for?
- 4 Do I believe that He wants to strengthen and heal me through the Eucharist?

Amen Ryan C., Thrive for Life Spiritual Mentor

Have you ever ended a prayer with the word, “amen,” and wonder what it even means? It comes from a Hebrew word that means “truth,” or in other words, “I believe.” So, when I end the Our Father prayer with an “amen,” it means that I am confirming that I believe in all the things I just prayed for. I believe that God is my Father in heaven, who has power over the world and provides for me. I believe that God forgives my sins and guides me on a path that is safe and secure.

But the truth is, sometimes I have doubts. Sometimes I doubt if I am able to forgive others, or I doubt if God has truly forgiven me. Sometimes when I look at all the bad things that are happening around me or in the world, I doubt if God can save me from all the evil that I see. There have been times in my life when I have even doubted if God exists.

And here’s the thing—it is okay to have doubts. Life can be hard, and it is full of struggles and hardships. Sometimes we face challenges that make us question our beliefs. Faith does not require us to pretend like we don’t have doubts. It is when I am struggling the most with my faith that saying “amen” feels the most powerful and meaningful. To say “amen” is a reminder at the end of each prayer that I actually do believe, even if I have doubts. To say “amen” is to trust in the saving power of God and that He will answer my prayer in His own way. Let us pray for the Lord to bless us, protect us from all evil, and bring us to everlasting life. Amen.